

ROAD MAP TO SENDING YOUR LOVED ONES TO REHAB

POSITIVE EMOTIONS TO EXPRESS WHEN SAYING GOODBYE

AFTER SAYING GOODBYE THE NEXT STEPS:

Congratulate your loved one on entering treatment

Reaffirm to your loved one that this is indeed the right path for them.

Focus on love and forgiveness

Refrain from passing judgment or criticizing your loved one

Express hope for the future

Focus on delivering a positive message of support.

Build confidence

Expressing hope for the future is important.

Educate yourself about addiction

Many rehab centers offer addiction education programs for family members.

Seek counseling for yourself

With so much focus on your loved one, it can be easy to overlook your own needs. Self-care is incredibly important. Now, more than ever, you need to take care of yourself.

Participate in a family workshop or joint counseling session

These joint sessions are incredibly beneficial for creating a safe space in which you and your loved one can talk about the ways that their substance abuse impacted your life.

DEALING WITH SEPARATION

Contact May be Difficult at First

In the early days of the rehab program, your loved one may be prohibited from contacting you. Do not take this personally; it is part of the treatment process.

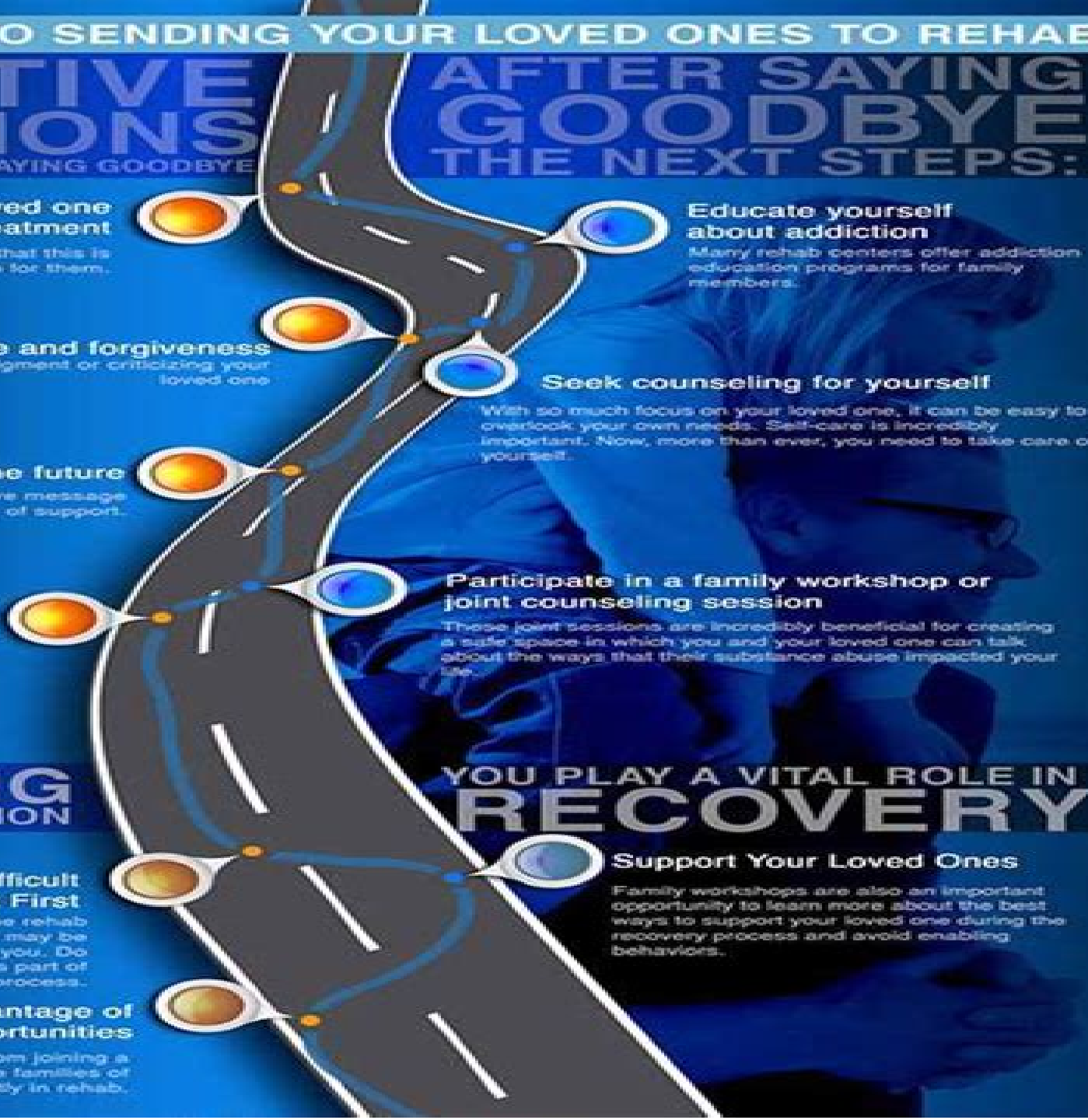
Take advantage of Opportunities

You may benefit from joining a support group for the families of individuals who are currently in rehab.

YOU PLAY A VITAL ROLE IN RECOVERY

Support Your Loved Ones

Family workshops are also an important opportunity to learn more about the best ways to support your loved one during the recovery process and avoid enabling behaviors.



Road Map To Recovery

R Sanford



Road Map To Recovery:

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